### Monday
- **Carnival Fitness**: 8-9am
  Carpenter Room
- **Body Balance**: 9-10am
  Carpenter Room
- **Pilates**: 12-1pm
  Carpenter Room

### Tuesday
- **Hiit**: 8-9am
  Carpenter Room
- **Stretch & Flex**: 9-10am
  Carpenter Room
- **Yoga with Meditation**: 12-1pm
  Carpenter Room

### Wednesday
- **Body Balance**: 8-9am
  Carpenter Room
- **Ko45 Boxercise**: 9-10am
  Carpenter Room
- **Box Hiit**: 1-2pm
  Carpenter Room

### Thursday
- **Lower Body Sculpt**: 8-9am
  Carpenter Room
- **Vinyasa Yoga**: 12-1pm
  Carpenter Room
- **Abs Attack**: 1-2pm
  Carpenter Room

### Friday
- **Yin Yoga**: 8-9am
  Carpenter Room
- **Fitness Pilates**: 9-10am
  Carpenter Room
- **Dance Fit**: 12-1pm
  Carpenter Room

### Saturday
- **Yoga with Meditation**: 9-10am
  Carpenter Room
- **Spin & Wiggle**: 9:30-10:30am
  Swimming Pool
- **Social Football**: 10am-12pm
  Sports Hall

### Sunday
- **Social Boxercise**: 12-1pm
  Carpenter Room
- **Social Badminton**: 3:30-5pm
  Sports Hall
- **Social Netball**: 5-6:30pm
  Sports Hall

### Core Abs
- 6-7pm
  Anson Rooms

### Social Events
- **Social Volleyball**: 5-6:30pm
  Sports Hall
- **Social Netball**: 3:30-5pm
  Sports Hall
- **Social Badminton**: 5-6:30pm
  Sports Hall
- **Touch Tennis**: 3:30-5pm
  Cotham School
- **Mixed Martial Arts**: 6-7pm
  Carpenter Room

### Locations
- Anson Rooms, Carpenter Room,
  Stephenson Room and Swimming Pool
- = Bristol SU Studios 1, 2 & 3 and Sports Hall
- = Indoor Sports Centre (ISC)

*Sessions are for those that identify as female*